



Foresight Index Number Decoder

FORESIGHT

*The Association For The Promotion
Of Pre-Conception Care*

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○ur
○useful
Translator

Find Out

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Registered Charity No. 279160

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This little booklet has been designed for the handbag. We have taken information from 'E for Additives' by Maurice Hanssen, along with info from other sources. We have added extra notes and compressed this information into a little guide that can be taken anywhere.

Additive numbers are marked;

RED for danger. Known adverse effects are specified

ORANGE for those of which experts have conflicting views

GREEN for those for which there are no known adverse effects

Mothers of children with a particular problem need this information when they are in the supermarket, not just at home in the armchair.

Preconceptual and Pregnant Mums are a special group - if these substances produce known effects in adults, is it fair to subject the foetus, or even the ovum, to these frightening reactions? Foresight feels that it is better to be safe than sorry, by leaving alone the RED and AMBER numbers during this time.

Space has been left to write a child's name opposite the numbers known to cause the conditions they are prone to suffer from and to make note of any unfavourable reactions.

Best wishes for a lifetime of careful shopping and much improved health!

Notes

Notes

Notes

Number

Number

ADDITIVE & Adverse Effects

ADDITIVE & Adverse Effects

E100	CURCUMIN (C.I. 7530000) No known adverse effects.	E124	PONCEAU 4R (C.I. 16255) Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.
E101	RIBOFLAVIN (LACTOFLAVIN VITAMIN B2) No known adverse effects.	E127	ERYTHROSINE (C.I. 45430) Hyperactivity, (Asthma, Urticaria, Insomnia Phototoxicity, Increased thyroid-hormone levels, Suspect for cancer.
101(a)	RIBOFLAVIN - 5' PHOSPHATE (RIBOFLAVIN- 5' [SODIUM PHOSPHATE]) No known adverse effects.	E128	RED 2G (C.I. 18050) Hyperactivity, (Asthma, Urticaria Insomnia, Suspect for cancer.
E102	TARTRAZINE (C.I. 19140) Hyperactivity, Asthma, Urticaria, Rhinitis Bronchospasm, Blurred vision, Skin problems, Insomnia, Night terrors. Suspect for cancer.	E129	ALLURA RED AC Urticaria, Suspect for cancer.
E104	QUINOLINE YELLOW (C.I. 47005) Hyperactivity, Asthma, Eczema Insomnia, Suspect for cancer.	E131	PATENT BLUE V (C.I. 42051) Hyperactivity, Asthma, Skin sensitivity Nausea, Low blood pressure, Tremor Urticaria, Shock, Breathing problems. Suspect for cancer.
E107	YELLOW Hyperactivity, Asthma, Eczema Insomnia.	E132	INDIGO CARMINE (INDIGOTINE; C.I. 73015) Hyperactivity, Nausea, Vomiting, High blood pressure, Hypertension, Skin problems, Pruritis, Breathing problems. Suspect for cancer.
E110	SUNSET YELLOW FCF, (C.I. 15985) Hyperactivity, Asthma, Urticaria, Gastric Upset, Insomnia, Vomiting, Angioedema. Suspect for cancer.	E133	BRILLIANT BLUE FCF (C.I. 42090) Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.
E120	COCHINEAL (CARMINE OF COCHINEAL, CARMINIC ACID; C.I. 75470) Hyperactivity, Asthma, Eczema Insomnia, Suspect for cancer.	E140	CHLOROPHYLL (C.I. 75810) No known adverse effects.
E122	CARMOISINE (ARORUBINE; C.I. 14720) Hyperactivity, Asthma, Urticaria Insomnia, Oedema. Suspect for cancer.	E141	COPPER COMPLEXES OR CHLOROPHYLL AND CHLOROPHYLLINS (C.I. 75810; COPPER PHAEOPHYTINS) Asthma, Skin irritation, Hay fever.
E123	AMARANTH (C.I. 16185) Hyperactivity, Asthma, Urticaria Insomnia, Suspect for cancer.	E142	GREENS (ACID BRILLIANT GREEN B5; LISSAMINE GREEN; C.I. 44090) (AZO DE) Hyperactivity, Asthma, Urticaria Insomnia, Suspect for cancer.

Hyperactivity, Insomnia, Suspect for cancer.

Notes	Number	ADDITIVE & Adverse Effects
	E150	CARMEL. B6 deficiency seen in rats, could contain MSG. Suspect for cancer
	E151	BLACK PN (BRILLIANT BLACK BN; Cl. 28440) Intestinal cysts in pigs. Suspect for cancer.
	E153	CARBON BLACK (VEGETABLE CARBON) Cancer, according to studies in U.S.A.
	E154	BROWN FK (KIPPER BROWN FOOD BROWN) Hyperactivity, Asthma, Urticaria, Insomnia Genetic Mutation. Suspect for cancer.
	155	BROWN HT (Cl. 20285; CHOCOLATE BROWN HT) Hyperactivity, Asthma, Skin sensitivity Insomnia, Kidney stones. Suspect for cancer.
	E160 (n)	ALPHA-CAROTINE, BETA-CAROTINE GAMMA-CAROTINE (Cl. 75130) Could be from GM.
	E160 (b)	ANNATTO, BIXIN, NORBIXIN (Cl.75120) Could be from GM.
	E160 (e)	CAPSANTHIN (CAPSORUBIN) Forbidden in Australia
	E160 (d)	L YCOPENE (Cl. 75125) Conflicting reports.
	E160 (e)	BETA-APO-8'-CAROTENAL (C30) (BETA-8'-APOCAROTENAL) No known adverse effects.
	E160 (f)	ETHYL ESTER OF BETA-APO-8'- CAROTENOIC ACID (C30) No known adverse effects.
	E161 (a)	XANTHOPHYLLS No known adverse effects. Conflicting reports Forbidden in Switzerland.

Notes	Number	ADDITIVE & Adverse Effects
	E161 (b)	LUTEIN (Cl. 75135) Asthma, Skin Irritation, Hay fever.
	E161 (d)	RUBIKXANTHIN (Cl. 75135) No known adverse effects.
	E161 (f)	CRYPTOXANTHIN (Cl. 75135) Conflicting reports Forbidden in Switzerland.
	E161 (g)	VILOXANTHIN (Cl. 75135) No known adverse effects.
	E162	RHODOXANTHIN (Cl. 75135) No known adverse effects.
	E163	CANTHAXANTHIN (Cl. 75135) Canthaxanthin could be toxic for the liver and leaves crystals in the eyes which could be irreversible. Avoid.
	E162	BETROOT RED (BETANIN) No known adverse effects.
	E163	ANTHOCYANINS (SCHULTZ 1394 and 1400) No known adverse effects.
	E170	CALCIUM CARBONATE (CHALK Cl. 77220) No known adverse effects.
	E171	TITANIUM DIOXIDE (Cl. 77891) Conflicting reports, Suspect for cancer. Could be from GM.
	E172	IRON OXIDES, IRON HYDROXIDES (YELLOWBROWN: Cl. 77492; RED 77491; BROWN: 77499) No known adverse effects.
	E173	ALUMINIUM (Cl. 77000) Kidney stress, Not safe for the brain. Forbidden in Australia.
	E174	SILVER (Cl. 77800) Blue-grey skin, not well eliminated.

Notes

Number ADDITIVE & Adverse affects

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E175 GOLD (C.I. 77480)

Many harmful side-effects have been recorded for gold infections. None so far detected with gold taken by mouth.

E213 CALCIUM BENZOATE

Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.

E214

E180 PIGMENT RUBINE (LITHOL RUBINE B.K. C.I. 15850)

Hyperactivity, Asthma, Skin sensitivity, Insomnia, Suspect for cancer.

E215 ETHYL 4 - HYDROXY BENZOATE (ETHYL-PARA-HYDROXY BENZOATE)

Hyperactivity, Asthma, Urticaria, Insomnia Numb mouth, Skin sensitivity. Also used in cosmetics. Suspect for cancer

E216

E201 SODIUM SORBATE

Asthma, Skin irritation, Hay fever.

Digestive disorders, Genetic Mutation, Skin irritation, Hay fever.

E217 PROPYL 4 - HYDROXY BENZOATE, SODIUM SALT, (SODIUM IN-PROPYL P-HYDROXY BENZOATE; SODIUM PROPYL-PARA-HYDROXY BENZOATE)

Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth. Also used in cosmetics. Suspect for cancer.

E218

E202 POTASSIUM SORBATE

Asthma,

Skin irritation,

Hay fever.

E203 DIGESTIVE DISORDERS, GENETIC MUTATION, CALCIUM SORBATE

Asthma, Skin irritation, Hay fever.

Digestive disorders, Genetic Mutation.

Sorbate is safe in different studies but in large quantities could cause birth defects when consumed with nitrates.

E210 BENZOIC ACID

Hyperactivity, Asthma, Urticaria, Insomnia Gastric Irritation, Neurological disorders.

Skin irritation, Hay fever Digestive disorders.

Disorders. Genetic Mutation. Reacts with E222. Suspect for cancer.

E211 SODIUM BENZOATE

Hyperactivity, Asthma, Urticaria, Insomnia. Scientific testing has shown cases of serious damage to foetuses. Suspect for cancer.

E212 POTASSIUM BENZOATE

Hyperactivity, Asthma, Urticaria, Insomnia. Suspect for cancer.

E219 METHYL 4 - HYDROXY BENZOATE, SODIUM SALT, (SODIUM METHYL PARA-HYDROXY BENZOATE; SODIUM METHYL HYDROXY BENZOATE)

Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth.

Notes	Number	ADDITIVE & Adverse affects
	E220	SULPHUR DIOXIDE Irritation of the alimentary tract. Destruction of Vitamins E and B1. Asthma.
	E221	SULPHUR SULPHITE Destruction of Vitamins E and B1. Asthma.
	E222	SODIUM HYDROGEN SULPHITE, (SODIUM BISULPHITE; ACID SODIUM SULPHITE) Destruction of Vitamins E and B1. Asthma. Allergy - Gastric irritation.
	E223	SODIUM METABISULPHITE (DISODIUM PYROSULPHITE) Gastric irritation, Reduction of Vitamins B and E, Food aversion, Skin reactions Asthma.
	E224	POTASSIUM METABISULPHITE (POTASSIUM PYROSULPHITE) Asthma, Dyspnea, Cyanosis, Faintness Unconsciousness, Gastric irritation.
	E226	CALCIUM SULPHITE Gastric irritation, Reduced Vitamins B and E, Asthma.
	E227	CALCIUM HYDROGEN SULPHITE (CALCIUM BISULPHITE) Gastric irritation, reduction in Vitamins B and E, Asthma.
	E228	POTASSIUM BISULPHATE Avoid. Used as pesticide.
	E230	BIPHENYL (DIPHENYL) Nausea, Vomiting, Irritation to eyes and nose, Allergies, Skin irritation. Forbidden in Australia.
	E231	2-HYDROXY BIPHENYL (O-PHENYL PHENOL; ORTHOPHENYL(PHENOL) Nausea, Vomiting, Irritation to eyes and nose.

Notes	Number	ADDITIVE & Adverse affects
	E232	SODIUM BIPHENYL-2-YL OXIDE (SODIUM ORTHOPHENYLPHENATE) Nausea, Vomiting, Irritation to eyes and nose, Kidney problems. Cancer
	E233	2-(THIAZOLE-4-YL) BENZINDAZOLE (THIABENDAZOLE) Skin disorders, could provoke genetic mutation.
	E234	NISIN Conflicting reports
	E235	MATA MYCIN Vomiting, Anorexia, Skin problems Digestive disorders.
	E236	FORMIC ACID Diuretic, Can cause Skin problems Urinary disorders. Suspect for cancer.
	E237	SODIUM FORMATE Diuretic, Kidney disorders. Suspect for cancer.
	E238	CALCIUM FORMATE Diuretic, Kidney disorders NOT PERMITTED IN UK.
	E239	HEXAMINE (HEXAMETHYLENE TETRAMINE) Gastrointestinal upsets, Urinary upsets Skin rashes, GENE MUTATIONS in animal studies, sometimes in cosmetics. Suspect for cancer.
	E240	POTASSIUM NITRATE NOT FOR BABIES UNDER SIX MONTHS Destruction of Red blood corpuscles Cancer, Asthma. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless until it is proven safe in these circumstances.

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E242
DIMETHYL BICARBONATE
Could contain Methanol. Avoid.

E249
POTASSIUM NITRATE
Shortness of breath, Hyperactivity, Asthma, Urticaria, Insomnia, Nausea, Vomiting, Dizziness, Cancer in animals, Deoxygenation of the blood, Low blood pressure, Collapse of circulatory system. Suspect for cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

E251
SODIUM NITRATE (CHILE SALT/PETRE)
Deoxygenation of the blood, Cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

E252
POTASSIUM NITRATE (SALT/PETRE)
Gastro-enteritis, Severe Abdominal pain, Vomiting, Vertigo, Muscular weakness, Irregular pulse, Deoxygenation of the blood, Cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

E262
SODIUM ACETATE (ANHYDROUS) AND SODIUM ACETATE, NOT SUITABLE FOR BABIES AND YOUNG CHILDREN
Increased body fluid salt concentrations. As this substance is not suitable for babies under 6 months we suggest it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

E263
CALCIUM ACETATE
No known adverse effects.

E264
AMMONIUM ACETATE
Nausea, Vomiting.

E270
LACTIC ACID
NOT SAFE FOR BABIES AND YOUNG CHILDREN
Not safe for babies and young children. As this substance is not suitable for babies under six months we suggest it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

E280
PROPIONIC ACID
Headaches, Digestive disorders.

E281
SODIUM PROPIONATE
Migraine.

E282
CALCIUM PROPIONATE
Migraine.

E283
POTASSIUM PROPIONATE
Migraine.

E284
BORIC ACID
In cavity and mouthwash. Menstrual disorders, Anorexia, Asthenia, Confusion and Hair Loss.

E290
CARBON DIOXIDE
Promotes effects of alcohol. Dizziness, Nausea, Vomiting.

E296
MALIC ACID (DL-OR-L)
Could be GM, unless organic.
INFANTS AND YOUNG CHILDREN
SHOULD AVOID if not Organic.

E297
FUMARIC ACID
No known adverse effects.

Notes	Number	ADDITIVE & Adverse affects
	E300	L-ASCORBIC ACID (VITAMIN C) VERY LARGE DOSES can cause diarrhoea. More than 10gm per day could cause kidney stones in susceptible people. No known adverse effects in standard doses.
	E301	SODIUM L-ASCORBATE (VITAMIN C; SODIUM L-(+)-ASCORBATE. No known adverse effects in standard doses.
	E302	CALCIUM L-ASCORBATE (CALCIUM ASCORBATE) No known adverse effects.
	E304	6-O-PILL-MITOVAL-L-ASCORBIC ACID (ASCORBYL PALMITATE) No known adverse effects.
	E306	EXTRACTS OF NATURAL ORIGIN RICH IN TOCOPHEROLS (VITAMIN E) No known adverse effects.
	E307	SYNTHETIC ALPHA-TOCOPHEROL (VITAMIN E; DL-ALPHA-TOCOPHEROL) No known adverse effects.
	E308	SYNTHETIC GAMMA-TOCOPHEROL (VITAMIN E; DL-ALPHA-TOCOPHEROL) No known adverse effects.
	E310	PROPYL GALLATE (PROPYL 3,4,5, TRIHYDROXYBENZOATE) NOT SAFE FOR BABIES AND YOUNG CHILDREN Hyperactivity, Asthma, Urticaria, Insomnia, REPRODUCTIVE FAILURES, Liver damage. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E311	OCTYL GALLATE NOT SAFE FOR BABIES AND YOUNG CHILDREN, Hyperactivity, Asthma, Urticaria, Insomnia, Gastric irritation, REPRODUCTIVE FAILURES. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E312	DODECYL GALLATE (DODECYL 3,4,5, -TRIHYDROXYBENZOATE) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Gastric irritation, REPRODUCTIVE FAILURES. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E315	ERYTHORBIC ACID Could affect Vitamin C absorption.
	E316	SODIUM ERYTHORBATE Could affect Vitamin C absorption.
	E320	BUTYLATED HYDROXYANISOLE (BHA) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Raised lipid and cholesterol in blood. Problems with liver metabolism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances. Suspect for cancer.

Number

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ADDITIVE & Adverse effects

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E321	E330	BUTYLATED HYDROXYTOLUENE (BHT) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Skin rashes, REPRODUCTION FAILURES, blood cell changes, cancer seen in animal studies. Problems with liver metabolism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
E322	E331	LECITHINS Could be GM. Overdose could upset stomach and cause sweating.
E325	E331 (a)	SODIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. Young children with lactose intolerance should avoid. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
E326	E332 (a)	POTASSIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
E327	E332 (a)	POTASSIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
E328	E333	POTASSIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
E329	E334	POTASSIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
E330	E335	POTASSIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
E331	E336	POTASSIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
E332	E336	CALCIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
E333		
E334		
E335		
E336		

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ADDITIVE & Adverse effects

CITRIC ACID IN VERY LARGE AMOUNTS can have irritant action, and/or cause erosion of teeth.
SODIUM CITRATES No known adverse effects.
SODIUM DIHYDROGEN CITRATE (MONOSODIUM CITRATE) No known adverse effects.
DI SODIUM CITRATE (a)
TRI SODIUM CITRATE (CITROSODINE) No known adverse effects.
POTASSIUM DIHYDROGEN CITRATE (MONO POTASSIUM CITRATE) No known adverse effects except for kidney patients.
TRI POTASSIUM CITRATE (POTASSIUM CITRATE) Large amounts may cause Skin sensitivity and Mouth ulcers.
MONO, DI and TRI CALCIUM CITRATE Large amounts may cause Mouth ulcers.
L-(+)-TARTARIC ACID In large quantities can cause Gastric Irritations.
MONO-SODIUM L-(+)-TARTARATE and DI SODIUM L-(+)-TARTARATE No known adverse effects.
MONO POTASSIUM L-(+)-TARTARATE (POTASSIUM HYDROGEN TARTRATE; CREAM OF TARTAR; POTASSIUM L-(+)-TARTARATE Kidney stress for people with Impaired kidney or liver function.

Notes	Number	ADDITIVE & Adverse effects	
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E337		POTASSIUM L(+)-TARTRATE (SODIUM and POTASSIUM TARTRATE) No known adverse effects.	
E338	E341 (b)	ORTHOPHOSPHORIC ACID (PHOSPHORIC ACID) Digestive disorders.	TRI CALCIUM DIORTHOPHOSPHATE Digestive disorders.
E339 (a)	350	SODIUM DIHYDROGEN ORTHOPHOSPHATE N.B. E339 (a)(b)(c) ARE ALL CLASSIFIED AS E339. Digestive disorders.	SODIUM HYDROGEN MALATE No known adverse effects.
E339 (b)	351	DIG-SODIUM HYDROGEN ORTHOPHOSPHATE Digestive disorders.	POTASSIUM MALATE No known adverse effects.
E339 (c)	352	TRI SODIUM HYDROGEN ORTHOPHOSPHATE Digestive disorders.	CALCIUM MALATE CALCIUM HYDROGEN MALATE No known adverse effects.
E340 (a)	353	POTASSIUM DIHYDROGEN ORTHOPHOSPHATE (POTASSIUM PHOSPHATE MONOBASIC) N.B. E340 (a)(b)(c) ARE ALL CLASSIFIED AS E340. Digestive disorders.	METATARTARIC ACID No known adverse effects.
E340 (b)	355	POTASSIUM HYDROGEN ORTHOPHOSPHATE (POTASSIUM PHOSPHATE DI BASIC) Digestive disorders.	ADIPIC ACID (HEXANEDIOIC ACID) No known adverse effects.
E340 (c)	356	POTASSIUM HYDROGEN ORTHOPHOSPHATE (POTASSIUM PHOSPHATE DI BASIC) Digestive disorders.	SODIUM ADIPATE No known adverse effects.
E341 (a)	E357	POTASSIUM TETRAHYDROGEN DIORTHOPHOSPHATE (ACID CALCIUM PHOSPHATE A C P) N.B. E341 (a)(b)(c) ARE ALL CLASSIFIED AS E341. Digestive disorders.	POTASSIUM ADIPATE No known adverse effects.
E341 (b)	363		SUCCINIC ACID Digestive disorders in large doses.
E341 (c)	E370		1, 4-HEPTONOLACTONE Conflicting reports.
E340	375		NICOTINIC ACID (NIACIN NICOTINAMIDE) No known adverse effects.
E340	380		TRI AMMONIUM CITRATE Kidney and digestive disorders.
E341	381		AMMONIUM FERRIC CITRATE (FERRIC AMMONIUM CITRATE) Conflicting reports.

Notes

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E385		CALCIUM DISODIUM ETHYLENEDIAMINE-N,N' N TETRA-ACETATE (CALCIUM DISODIUM EDTA) Vomiting, Diarrhoea, Abdominal cramps Interference with absorption of minerals.	I-114		GUM ARABIC (ACACIA; SUDAN GUM; GUM HASHAB, KORDOFAN GUM) Allergic reactions.
I-110		ALGINIC ACID No known adverse effects.	E415		XANTHAN GUM (CORN SUGAR GUM) Asthma, Skin irritation, Hay fever.
I-101		SODIUM ALGINATE No known adverse effects.	E416		KARRAYA GUM (STERCULLIA GUM) Asthma, Skin irritation, Hay fever.
I-102		POTASSIUM ALGINATE No known adverse effects.	E417		TARA GUM Some allergies reported. Conflicting reports
I-103		AMMONIUM ALGINATE Conflicting reports.	E420	(i)	SORBITOL Very large amounts can cause Flatulence, Diarrhoea and Abdominal distention.
I-104		CALCIUM ALGINATE (ALGIN) No known adverse effects.	E420	(ii)	SORBITOL SYRUP Very large amounts can cause Flatulence, Diarrhoea and Abdominal distention.
I-105		PROPANE-1,2-DIOL ALGINATE (PROPYLENE GLYCOL ALGINATE; ESTER) Could be GM. Conflicting reports.	E421		MANNITOL (MANNA SUGAR) Nausea, Vomiting, Diarrhoea, Kidney stones, Dizziness, Fainting, Death.
I-106		AGAR (AGAR; AGAR; JAPANESE ISINGLASS) Very large quantities can cause Flatulence and Distention. Possibly Intestinal obstruction	E422		GLYCEROL Very large amounts can cause headaches, Thirsts, Nausea and High blood sugar levels.
I-107		CARRAGEEN (IRISH MOSS) Ulcerative colitis, Cancer.	E425		KONJAC Could be in sweets. Suffocation, Digestive disorders, may remove vitamins. Forbidden in USA since 1952.
E410		LOCUST BEAN GUM (GERATONIA GUM, CAROB BEAN GUM) Asthma, Skin irritation, Hay fever.	430		POLYOXYETHYLENE (B) STEARATE (POLYOXYL 8 STEARATE) Skin problems, Gastrointestinal problems, Urinary tract problems, Kidney stones. Forbidden in USA since 1952.
E412		GUAR GUM (JAGUAR GUM, GUAR FLOUR CLUSTER BEAN) Nausea, Flatulence, Abdominal cramps.	431		POLYOXYETHYLENE STEARATE POLYOXYL 40 STEARATE) Skin problems, Gastrointestinal problems, Urinary tract problems, Kidney stones.
E413		TRAGACANTH (GUM DRAGON, GUM TRAGACANTH) Contact dermatitis.			

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ADDITIVE & Adverse effects

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4.12 POLYOXYETHYLENE (20) SORBITAN MONOLAUARATE (POLYSORBATE 20; TWEEN 20)

Conflicting reports. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.

POLYOXYETHYLENE (20) SORBITAN MONO-OLEATE (POLYSORBATE 80; TWEEN 80)

Conflicting reports. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.

POLYOXYETHYLENE (20) SORBITAN MONOPALMITATE (POLYSORBATE 40; TWEEN 40)

Increases absorption of fat soluble substances. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.

POLYOXYETHYLENE (20) SORBITAN MONOSTEARATE (POLYSORBATE 60; TWEEN 60)

Increases absorption of fat soluble substances. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.

POLYOKETHYLENE (20) SORBITAN TRISUFARATE (POLYSORBATE 65; TWEEN 65)

Increases absorption of fat soluble substances. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.

PECTIN
(a) No known adverse effects except temporary flatulence.

E440 AMMONIUM PECTATE
(a) POTASSIUM PECTATE, SODIUM PECTATE
No known adverse effects.

E440 AMIDATED PECTIN
(b) No known adverse effects.

E442 AMMONIUM PHOSPHATIDES
(a) EMULSIFIER YN
Conflicting reports. May remove essential minerals.

E450 DISODIUM DIHYDROGEN DIPHOSPHATE (DISODIUM DIHYDROGEN PYROPHOSPHATE; ACID SODIUM PYROPHOSPHATE.
(b) Digestive disorders, hyperactivity, May remove essential minerals.

E450 TRI SODIUM DIPHOSPHATE
(TETRAPOTASSIUM DIPHOSPHATE)
Digestive disorders, Hyperactivity, May remove essential minerals.

E450 PENTA SODIUM TRIPHOSPHATE
(SODIUM TRIPOLYPHOSPHATE)
(b) Digestive disturbances, Blockage of enzyme systems. Hyperactivity.

PENTAPOTASSIUM TRIPHOSPHATE
(POTASSIUM TRIPOLYPHOSPHATE)
(c) Digestive disturbances, Blockage of enzyme systems. Hyperactivity.

POTASSIUM POLYPHOSPHATES
(SODIUM POLYPHOSPHATES)
(b) Digestive disturbances, Blockage of enzyme systems. Hyperactivity.

E460 MICROCRYSTALLINE CELLULOSE
ALPHA-CELLULOSE
(POWDERED CELLULOSE)
Suspect for Cancer.

Notes	Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
E461		METHYCELLULOSE CELLULOSE (METHOCEL: COLOGEL) Removes minerals.	E472	E472 (d) TARTARIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders	
E463		HYDROXYPROPYCELLULOSE Removes minerals.	E472	E472 MONO and DIACE TYL TARTARIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders	
E464		HYDROXYPROPYMETHYCELLULOSE (HYPROBELLOSE) Removes minerals.	E473	E473 SUCROSE ESTERS of FATTY ACIDS Digestive disorders, could contain Methanal.	
E465		ETHYLMLETHYLECELLULOSE (METHYLETHYLCELLULOSE) Removes minerals.	E474	E474 SUCRO GLYCERIDES Digestive disorders, could contain Methanal.	
E466		CARBOXYMETHYLCELLULOSE, SODIUM SALT (CARMELLOSE SODIUM:CMC)	E475	E475 POLYGLYCEROL ESTERS of FATTY ACIDS Conflicting reports.	
E470		SODIUM, POTASSIUM and CALCIUM SALTS of FATTY ACIDS (SOAPS) In quantity, can interfere with intestinal function. Could be GM.	E476	E476 POLYGLYCEROL Esters of FattyAcids. Conflicting reports	
E471		MONO and DI-GLYCERIDES of FATTY ACIDS (GLYCERYL MONOSTEARATE, DISTEARATE), Conflicting reports.	E477	E477 PROPANE-1, 2-DIOL ESTERS of POLYCONDENSED FATTY ACIDS (PROPYLENE GLYCOL ESTERS of FATTY ACIDS)	
E472	(a)	ACETIC ACID ESTERS of MONO and DI GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.	E478	E478 LACTYLATED FATTY ACIDS ESTERS of GLYCEROL and PROPANE of 2-DIOL Conflicting reports.	
E472	(b)	LACTIC ACID ESTERS of MONO and DI GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.	E481	E481 SODIUM STEARDYL-2-LACTYLATE Conflicting reports.	
E472	(c)	CITRIC ACID ESTERS of MONO and DI GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.	E482	E482 CALCIUM STEAROYL-2-LACTYLATE Conflicting reports.	
			E483	E483 STEARYL TARTRATE Conflicting reports.	
			491		SORBITAN MONO STEARATE On animals in high doses, digestive disorders, bladder disorders, lesions.

Notes	Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
	492	SORBITAN TRISTEARATE (SPAN 65) May increase absorption of fat soluble substances.		508	POTASSIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
143		SORBITAN MONOLAURATE (SPAN 20) Conflicting Reports		509	CALCIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
	494	SORBITAN MONO-OLEATE (SPAN 80) Suspect for Cancer.		510	AMMONIUM CHLORIDE Effects on Liver and Kidney function, Nausea, Vomiting.
	495	SORBITAN MONOPALMITATE (SPAN 40) Suspect for Cancer.		511	MAGNESIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
	501	POTASSIUM CARBONATE and POTASSIUM HYDROGEN CARBONATE No known adverse effects.		513	SUPHURIC ACID POISONOUS.
	503 (a)	AMMONIUM CARBONATE (HARTSHORN) No known adverse effects.		514	SODIUM SULPHATE NOT SAFE FOR BABIES. Affects Kidney and Heart functions. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	503 (b)	AMMONIUM HYDROGEN CARBONATE (AMMONIUM BICARBONATE) Irritation of stomach lining.		515	POTASSIUM SULPHATE Digestive disorders, Vomiting.
	504	MAGNESIUM CARBONATE (MAGNESITE) No known adverse effects.		516	CALCIUM SULPHATE (GYPSUM, PLASTER OF PARIS) Conflicting reports.
	507	HYDROCHLORIC ACID Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.		518	MAGNESIUM SULPHATE (EPSOM SALTS, EPSOMITE) Problems with kidney patients, Digestive disorders.
				524	SODIUM HYDROXIDE Conflicting reports.

525
POTASSIUM HYDROXIDE
Burning pain in mouth, throat and stomach
Swelling of lining membranes, Vomiting,
pain and shock

544
CALCIUM POLYPHOSPHATES
Digestive disturbances due to blocked enzyme
systems. Allergic reactions. Forbidden in Australia.
Conflicting reports.

545
AMMONIUM POLYPHOSPHATES
Digestive disturbances due to blocked
enzyme systems. Allergic reactions.

546
MAGNESIUM HYDROXIDE
Harmless in small quantities.
Conflicting reports.

547
AMMONIUM HYDROXIDE
Conflicting reports.

548
MAGNESIUM HYDROXIDE (PERICLASH;
NATIVE MAGNESIUM)
Conflicting reports.

549
CALCIUM OXIDE
Conflicting reports.

550
SODIUM FERROCYANIDE
(SODIUM HEXACYANOFEFERRATE II)
Low level toxicity.

551
SILICON DIOXIDE (SILICEA, SILICA)
No known adverse effects.

552
CALCIUM SILICATE
Conflicting reports.

553
MAGNESIUM SILICATE, SYNTHETIC
and **MAGNESIUM TRISILICATE TALC**
(FRENCH CHALK)

554
ALUMINIUM SODIUM SILICATE
Aluminium toxicity has been implicated
with Alzheimers disease.

555
ALUMINIUM CALCIUM SILICATE
(CALCIUM ALUMINIUM SILICATE)

556
DI-CALCIUM DIPHOSPHATE (CALCIUM
HYDROGEN PHOSPHATE;
CALCIUMPHOSPHATE DIBASIC)

557
Small chances of adverse reaction.

558
BENTONITE (BENTONITUM; SOAP CLAY)
Conflicting reports.

559
ALUMINIUM SILICATE
KAOLIN, HEAVY and KAOLIN, LIGHT
Aluminium, toxicity has been implicated with
Alzheimer's disease

560
STEARIC ACID
Conflicting reports.

561
MAGNESIUM STEARATE
Only harmful if the powder is inhaled.
Conflicting reports.

562
D-GLUCONO-1,5-LACTONE,
(GLUCONO DELTA-LACTONE)

Only harmful if the powder is inhaled.
Conflicting reports.

Notes	Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
	576	SODIUM GLUCONATE No known adverse effects.		623	CALCIUM DIHYDROGEN DI-L-GLUTAMATE (CALCIUM GLUTAME) Hyperactivity, Asthma, Urticaria, Insomnia. Not safe for babies. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	577	POTASSIUM GLUCONATE No known adverse effects.		578	CALCIUM GLUCONATE No known adverse effects.
	E579	FERROUS GLUCONATE No known adverse effects.			
	621	L-GLUTAMIC ACID Conflicting reports.			
		SODIUM HYDROGEN L-GLUTAMATE; (MONO SODIUM GLUTAMATE; ALU-NO-MONO; MSG) Widely used as a "flavour enhancer" Not safe for babies and small children. Heart palpitations, Headaches, Dizziness, Muscle tightening, Nausea, Weakness of the upper arms, Neck pain, Migraine, paracetamol, Asthma, Urticaria, Insomnia, Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.			
	622	POTASSIUM HYDROGEN L-GLUTAMATE (MONOPOTASSIUM GLUTAMATE)		E625	MAGNESIUM DIGLUTAMATE Not safe for babies and small children. Heart palpitations, Headaches, Dizziness, Muscle tightening, Nausea, Weakness of the upper arms, Neck pain, Migraine, Hyperactivity, Asthma, Urticaria, Insomnia, Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

Notes	Number	ADDITIVE & Adverse effects	Notes	Number	ADDITIVE & Adverse effects
	E626	GUANYLIC ACID Taste enhancer, may trigger Gout.		1 (1-3)	CALCIUM INOSINATE Considered safe in small quantities. In large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma
	627	GUANOSINE 5-(DISODIUM PHOSPHATE) (SODIUM GUANYLATE)		E634	CALCIUM RIBONUCLEOTIDES Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma
		Not safe for babies or young children. Harmful to people suffering from gout or rheumatism. Hyperactive, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.		635	SODIUM 5'-RIBONUCLEOTIDE Not safe for babies or young children. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances. Suspect for Cancer.
				636	MALTOL Not safe for babies. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances. Suspect for Cancer. Dangerous for anaemia sufferers.
	631	INOSINE 5'-DISODIUM PHOSPHATE (SODIUM 5'-INOSINATE)		637	ETHYL MALTOL Not safe for babies. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
		Not safe for babies or young children. Hyperactivity, Asthma, Urticaria, Insomnia. Harmful to people with gout or rheumatism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.			
				E640	GLYCINE, SODIUM SALT Conflicting reports
	E633	URIDYL POTASSIUM INOSINATE Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma			

Notes

Number	ADDITIVE & Adverse effects
I-1001	ZINC ACETATE Conflicting reports.
900	DIMETHYPOLY SILOXANE (SMETHICONE; DIMETHICONE) Suspect for Cancer, Allergies, Kidney and Liver problems.
901	BEESWAX, WHITE and BEESWAX, YELLOW No known adverse effects.
903	CARNUBA WAX No known adverse effects.
905	HELLAC Conflicting reports.
907	MINERAL HYDROCARBONS Anal seepage and irritation. Bowel cancer. Mild laxative.
908	REFINED MICROCRYSTALLINE WAX Made from petrol, banned in some countries. L-CYSTEINE HYDROCHLORINE and L-CYSTEINE HYDROCHLORINE MONOHYDRATE Possible removal of minerals., safe in small quantities
924	POTASSIUM BROMATE Abdominal pain, Nausea, Vomiting, Diarrhoea, Convulsions, Disturbance of Vitamin E.
925	CHLORINE Powerful irritant, Disturbance of Vitamin E. Destroys nutrients.
926	CHLORINE DIOXIDE Powerful irritant, Disturbance of Vitamin E. Destroys nutrients.
927	AZODICARBONAMIDE (AZOFORMAMIDE) Hyperactivity, Asthma, Urticaria, Insomnia, Disturbance of Vitamin E. Banned in some countries.

Notes

Number	ADDITIVE & Adverse effects
927b	CARBAMIDE Safe additive, but used in gums which contain E951 most of the time.
E931	NITROGEN Some reports say that it is safe, used in freezing and vacuum packing. Industrially it is used in the manufacture of ammonia, cyanide and explosive.
E932	NITROUS OXIDE Safe in small quantities. Has been used medicinally as an anaesthetic.
E939	HELIUM Used for packaging, gas also used for balloons. Considered safe.
E950	ACESULFAME POTASSIUM or ACESULFAME-K. Often used with E951 in chewing gum and drinks. Allowed by FDA since 1988. Suspect for Cancer and Hypoglycaemia. Avoid.
I-911	ASPARTAME Atrophy / development failure of sex organs. Brain damage, Autism, Cerebral Palsy, Degenerative disease, Diabetes, Dyslexia, Epilepsy, Endocrine disruption, Eye damage, Fetal damage, Hypoglycaemia, Hyperactivity, Impaired growth, Insomnia, Low thyroid function, Lowered fertility, Lowered intelligence, Migraine, Neural instability, Obesity, Placental damage, Schizophrenia. - Contains MSG.
E952	CYCLAMIC ACID Suspect for Cancer. Allowed since 1953. Forbidden in USA since 1970.
E954	SACCHARINES Allergies and Cancer. The ancestor of artificial sweeteners.
E955	SUCRALOSE (SPLENDA) Destruction of immune system affecting the Liver and Kidneys.
E957	THAUMATIN Could be from tropical plant or GM. Used as an artificial sweetener.

Notes

Number	ADDITIVE & Adverse effects
E91-9	NEOHESPERIDINE Considered safe, made from citrus fruits.
E140, E1402	SALT from ASPARTAME or ACESULFAME K Often used with E951 in chewing gum and drinks. Allowed by FDA since 1988. It seems to provoke Cancer and hypo-glycemia. Avoid.
E1403	MALTITOL This syrup could be made from saccharose or GM corn. Flatulence and digestive disorders.
E1404	LACTITOL Diarrhoea, digestive disorders, flatulence.
E1407	XYLITOL Suspect for cancer by FDA. Nausea, kidney stones, dizziness, death. Avoid.
E1411	QUILLAJA EXTRACT Conflicting reports. Could disturb the blood. Digestive disorders.
E1411	AMYLASE Made from animals or GM. Allowed in Canada & USA but not mentioned in Europe.
E1411	INVERTASE Considered safe.
E1410, E14101	LYSOZYME Made from egg white, could give allergies.
E14101	POLYDEXTOSE Safe in small doses but could cause diarrhoea when 90g per day are consumed.
E1401	POLYVINYLPYRROLIDONE Additive very difficult to eliminate, could stay in our body for a year! Has caused cancer & abortion on animals in laboratories.
E1202	POLYVINYL POLYVRROLIDONE Additive very difficult to eliminate, could stay in our body for a year! Has caused cancer & abortion on animals in laboratories.

Notes

Number	ADDITIVE & Adverse effects
E1404	STARCHES 1-1-1 Could be from GM, inadequate labelling Diarrhoea, digestive disorders, (kidney stones in animals). Conflicting reports.
E1505	TRIETHYL ACETATE Part becomes alcohol in body.
E1517	GLYCEROL ACETATES
E1518	Could be from GM.
E1519	BENZYLIC ALCOHOL Not named very often, could be natural or GM.
E1520	PROPYLENE GLYCOL Has been proven to be very toxic with animals. Central nervous system. Depression, Heart attack. Forbidden in pet food.

Update

We had hoped that when we came to update FIND OUT 20 years after we first put it together, the situation would have improved that it would have become quite a slim little booklet - if, indeed, it was needed at all.

Sadly, this is not the case.

The book "Excitoxins, the Taste That Kills" by Dr. Russell Blaylock MD, shows us that far from improving, the scene has further deteriorated.

Dr. Blaylock says:

"It is my opinion, after reviewing an enormous amount of medical and research literature, that monosodium glutamate, aspartame and other excitotoxin dietary additives pose an enormous hazard to our health and to the development and normal functioning of the brain. To continue to add enormous amounts of excitotoxins to our food is unconscionable and will lead to suffering and ruined lives for generations to come. The civilised world, especially the United States, has become the largest experimental laboratory in history. The question that begs for an answer is, "Are we creating a nightmare world?"

The following are some of the conditions quoted by Dr. Blaylock as being due to an intake of Excitotoxins:

Alzheimer's

Altered developmental failure of the sexual organs

Autism

Brain damage (sometimes delayed onset)
Cerebral palsy

Degenerative diseases

Diabetes

Dyslexia

Epilepsy

Endocrine damage

Fibre damage

Fetal damage

Hypoglycemia

Hyperactivity

Impaired growth

Insomnia

Low thyroid function

Lowered fertility

Lowered intelligence

Migraine

Obesity

Placental damage

Schizophrenia

Sexual psycho pathology

Sudden rages

MONOSODIUM GLUTAMATE

So far as i am aware, monosodium glutamate and similar excitotoxins are still permitted and are still on the market. Excitotoxins go under a variety of pseudonyms:

ADDITIVES THAT ALWAYS CONTAIN MSG:

- Aspartame/Aspartate/Aspartic acid
- Cysteine/L-Cysteine
- Hydrolysed Protein/Hydrolysed Vegetable Protein
- Glutamine/Glutamic acid
- Kainate
- Natural Flavouring
- NMDA
- Nutri sweet
- Phenylaline
- Quisqualate
- Sodium Caseinate
- Tetured Protein
- Autoized Yeast

ADDITIVES THAT FREQUENTLY CONTAIN MSG:

- Bouillon
- Broth
- Flavouring
- Malt Extract
- Malt Flavouring
- Natural Beef or Chicken Flavouring
- Natural Flavouring
- Seasoning
- Spices
- Stock

ADDITIVES THAT MAY CONTAIN MSG OR EXCITOTOXINS:

- Carrageenan
- Glutamate
- Whey Protein Concentrate
- Whey Protein Concentrate

Additives in alphabetical order by name.
Colour coded for details of allergic reactions please

A

Acetic Acid	E1519
Acetic Acid Esters	E160e
Acesulfame Potassium or Acesulfame-K	E1162
Adipic Acid	E230
Agar	E151
Alginic Acid	E284
Allura Red AC	E133
Alpha-Caroline	E154
Aluminum Calcium Silicate	E320
Aluminium (C.I. 77000)	E155
Aluminium Sodium Silicate	E160a
Amaranth	E260
Amidated Pectin	E472a
Amylase	E950
Ammonium Alginate	E355
Ammonium Carbonate	E406
Ammonium Chloride	E400
Ammonium Hydrogen Carbonate	E129
Ammonium Hydroxide	E160a
Ammonium Pectate	556
Ammonium Phosphalides	E173
Annatto	554
Anthocyanins	E123
Aspartame	E440b
Azodicarbonylamide	E1100
Azorubine	E303
	503a
	510
	503b
	527
	E440a
	442
	545
	E160b
	E163
	E951
	927
	E122
	901
Beeswax	E162
Beetroot Red	558
Bentonite	558
Bentonitum	E482
Benzolic Acid	E210

Henryville Alcohol
 100% spirit alcohol
 Isobutyl
 Diphenyl
 Isobutyl Phenyl
 Isobutyl Acid
 Brilliant Blue FCF
 Brown 1 K
 Brown 1 I
 Isopropylated Hydroxytoluene (BHT)

C

Calcium Acetate	E263
Calcium Alginate	E404
Calcium Ascorbate	E302
Calcium Benzozate	E213
Calcium Bisulphite	E227
Calcium Chloride	509
Calcium Carbonate	E170
Calcium Dihydrogen	623
Calcium Disodium	385
Calcium Gluconate	578
Calcium Glucomate	623
Calcium Guanlate	E629
Calcium Hydrogen	E629
Calcium Hydrogen Sulphite	E341
Calcium Hydroxide	E227
Calcium Inosinate	526
Calcium Lactate	E633
Calcium Oxide	E327
Calcium Polyphosphates	E529
Calcium Propionate	E544
Calcium Ribonucleotides	E282
Calcium Silicate	E634
Calcium Sorbate	E203
Calcium Stearoyl-2-Lactylate	E482

B

Calcium Sulphate	516
Calcium Sulphite	E226
Calcium Tetrahydrogen	E341
Canthaxanthin (C.I. 75135)	E161g
Capsanthin	E160c
Capsorubin	E160c
Caramel	E150
Carbamide	927B
Carbon Black	E153
Carbon Dioxide	E290
Carboxymethylcellulose cellulose	sodium salt
Carmellose Sodium; CMC	E466
Carmine of Cochineal	E466
Carmoisine	E120
Carnauba Wax	E122
Caragean	903
Chlorine	E407
Chlorine Dioxide	925
Chlorophyll	926
Citric Acid	E140
Citric Acid Esters	E130
Cochineal	E472
Copper Complexes of Chlorophyll & Chlorophyllins	E120
Copper Phaeophytin	E141
Cryptoxanthin (C.I. 75135)	E141
Curcumin (C.I. 75300)	E161c
Cyclamic Acid	E100
D-Gluccono-1	E952
Di Calcium Diposphate (Calcium Hydrogen Phosphate).	575
Dimethyl Dicarbonate	H
Dimethylpolysiloxane	540
Di Sodium Citrate	E242
	900
	E331b
Glyceral	E422
Glycerol Acetate	E1517
Glycine & its Sodium Salt	E640
Guanylic Acid	E626
(Hold	E175
Greens	E142
Guanasine	627
Guar Gum	E412
Gum Arabic	E414
Helium	E939
Heptanolactone	370
Hexamine	E239

E1612
E631
E312

E1612
E631
E312

E1612
E631
E312

I	Indigoine Indigo Carmine Inosine 5' Inosinic Acid Invertase Iron Oxides	E231 507 E463	Maltol Maltitol Methioninol Acid Methyl Methacrylate Methyl 4-Hydroxy Benzoate Methyl 4-Hydroxy Benzene Mineral Cellulose Mineral Hydrocarbons Mineral Oil Glyceride of Fatty Acids Mannose and Diace Tyrtartaric Acids Mono Di and Tri Calcium Citrate Mono Potassium Tartrate Mono ammonium Glutamate
K	Kaolin Heavy & Light Karnyn Konjac	559 E416 E425	
L	Lactic Acid Lactic Acid Esters Lactitol Lactylated Fatty Acids L-Ascorbic Acid Vit. C L-Cysteine Hydrochlorine L-Glutamic Acid Locust Bean Gum Lutein Lycopene Lysozyme	E270 E472b E966 E478 E300 920 620 E410 E161b E160d E1105	
M	Magnesium Carbonate Magnesium Chloride Magnesium Dihydrogenate Magnesium Oxide Magnesium Silicate Magnesium Sterate Magnesium Sulphate	504 511 E625 530 553 572	
P	6-O Palmitoyl Patent Blue Pectin Pentapotassium Triphosphate Penta Sodium Triphosphate Pigment Rubine Polyglycerol Ester of Fatty Acid Polyglycerol Ester of Polcondensed Fatty Acid Polyoxyethylene Sorbitan	E235 E959 375 E234 E931 E932	
E	E304 E440a E450b E180 E475 E476		

Polyoxyethylene Sorbitan	433
Polyoxyethylene (20) Sorbitan	434
Polyoxyethylene (20)	435
Polyoxyethylene (20)	436
Polyoxyethylene Sterarate	430
Polyoxyethylene (20)	431
Polydextrose	435
Polyvinyl Pyrrolidone	E1200
Polyvinyl Pyrrolidone	E1202
Ponceau 4R	E1201
Potassium Acetate	124
Potassium Alginate	261
Potassium Adipate	E402
Potassium Benzozate	E357
Potassium Bisulphite	E212
Potassium Bromate	E228
Potassium Carbonate	924
Potassium Chloride	501
Potassium Dihydrogen Orthophosphate	508
Potassium Ferrocyanide	E332
Potassium Gluconate	536
Potassium Hydrogen	577
Potassium Hydrogen Orthophosphate	622
Potassium Hydroxide	E340b
Potassium Lactate	525
Potassium Metabisulphite	E326
Potassium Nitrate	351
Potassium Nitrate (Saltpetre)	E224
Potassium Orthophosphate (C)	E249
Potassium Polyphosphates	E252
Potassium Propionate	E340c
Potassium Sorbate	E450c
Potassium Sulphate	E283
Potassium Tartrate	E202
Propane-1, 2-Diol	515
Propylene Glycol	E337
Propylene Glycol	E477
H	
Ned 20 (C.I.)	128
Refined Microcrystalline Wax	907
Riboflavin	E161f
Riboflavin 5 Phosphate	E101
Riboflavin	E161d
S	
Saccharines	E954
Shellac	904
Silicon Dioxide	551
Silver (C.I. 77000)	E174
Sodium Acetate (Anhydrous) and Sodium Acetate	E262
Sodium Alginic	E401
Sodium Aluminium Phosphate Acidic Sodium	541
Sodium Adipate	E356
Sodium Benzoate	E211
Sodium Biphenyl-2-yl oxide (Sodium Orthophenenate)	E232
Sodium Sesquicarbonate	500
Sodium Citrates	E331
Sodium Dihydrogen Citrate (monosodium Citrate)	E331a
Sodium Dihydrogen Orthophosphate	E339a
Sodium Fennocyanide	535
Sodium Formate	E237
Sodium Gluconate	576

Sodium Hydrogen Carbonate	500	E473
Sodium Hydrogen Diacetate (Sodium Diacetate)	E262	E220
Sodium Hydrogen L-Glutamate	621	513
Sodium Hydrogen Molate		E110
Sodium Hydrogen Sulphite (Sodium Bisulphite)		
Sodium Hydroxide		
Sodium Lactate		
Sodium L-Ascorbate (Vitamin C)	E222	Synthetic Alpha-Tocopherol -
Sodium L-(+)-Ascorbate	524	(Vitamin E: DL-Alpha-Tocopherol)
Sodium Metabisulphite (Potassium Pyrosulphite)	E325	Synthetic Delta-Tocopherol (Vitamin E: DL-Alpha-Tocopherol)
Sodium Nitrate	E301	Synthetic Gamma-Tocopherol (Vitamin E: DL-Gamma-Tocopherol)
Sodium, Potassium and Calcium Salts of Fatty Acids (Soaps)	E224	Tartaric Acid
Sodium Propionate	E251	Tara Gum
Sodium Nitrate (Chile Saltpetre)	E250	Tartrazine
Sodium 5' Ribonucleotide	E470	Thiamatin
Sodium Sorbate	E281	Titanium Dioxide
Sodium Steady-2-Lactylate	635	Triglicanth
Sodium Sulphate	E210	Tri Ammonium Citrate
Sodium Sulphite	E481	Tri Calcium Diorthophosphate
Sodium Erythorbate	514	Tri Potassium Citrate
Sorbitic Acid	E221	Tri Sodium Citrate
Sorbitol	E316	Tri Sodium Diphosphate
Sorbitol Syrup	E200	Tri Sodium Orthophosphate
Sorbitan Monolaurate (Span 20)	E420I	V
Sorbitan Mono-Oleate (Span 80)	E420II	Violoxanthin
Sorbitan Mono-palmitate (Span 40)	493	X
Sorbitan Mono-Stearate	494	Xanthan Gum
Stearic Acid	495	Xanthophylls
Starches	491	Kytilol
Stearyl Tartrate	570	
Succinic Acid	E1404-1451	
Sucro Glycerides	E483	Z
	363	Zinc Acetate
	E474	

Safe Additives

Colourings - Yellow

E100 **E101 (i)** **E101 (ii)**

Colourings - Green

E140(i) **E140(ii)**

Colourings - Plant Extracts

E160 (a)(i) **E160(a)(ii)** **E160(b)** **E160(e)**

E160(f) **E161** **E161(d)** **E162**

E161(e) **E161(f)** **E163**

Other Colourings

E170 **E172**

Preservatives

E263 **E297**

Antioxidants

E301 **E302** **E304** **E306**

E307 **E308** **E309**

Emulsifiers etc.

E331 **E331** **E331(i)** **E331(ii)**

E335(i) **E335(ii)** **E337** **E350**

E350(ii) **E351** **E351** **E352(i)**

E353 **E355** **E375** **E400**

E402 **E404** **E440(b)**

Acids, Bases and Related Materials

E501 **E501(i)** **E501(ii)** **E503** **E503(i)**

Anticaking Agents etc.

E551 **E576** **E577** **E578** **E579**

Waxes

901 **903**

General Use

927b **E932**

E939 **E959** **E1103**

Marco Rocca's

Vortex-based Mathematics